



**FARMWORKER HEALTH SERVICES, INC.**

## **Health Education Module**

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# **HIGH BLOOD PRESSURE**

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## **Flip Chart Miniature**



Funding for this document was provided by the Health Resources and Services Administration, Bureau of Primary Health Care. Division of Community and Migrant Health Branch, Migrant Health Branch

# What is the Circulatory System?

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## What is the Circulatory System?

- The circulatory system is made up of tubes called veins and arteries.
- These tubes carry blood to and from all parts of the body like the brain, lungs, liver, eyes, arms and legs.

## What is the Heart?

- The heart is the motor of the circulatory system.
- The heart pumps blood to all parts of the body through these tubes called arteries. Blood returns to the heart through tubes called veins.
- Each time the heart beats (60-70/min., 100,000 times a day), it pumps blood to the arteries.
- The heart works hard. It pumps about 2,000 gallons of blood each day.

## Why the Blood is Important

- The blood is vitally important.
- Blood contains oxygen from the air we breathe. To function properly, the body needs oxygen constantly.
- Blood also contains nutrients from the food we eat. To function properly, the body needs nutrients constantly.

## Review

- The circulatory system is a system of tubes.
- The heart is the motor of the circulatory system, and it pumps blood to the body parts.
- The blood is vitally important as it contains oxygen and nutrients which the body constantly needs to function properly.

# What is Blood Pressure?

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## What is Blood Pressure?

- Blood pressure is the force of the blood pushing against the walls of the arteries.

## Changes in Blood Pressure

- A person's blood pressure changes all the time. The blood pressure changes depending on what activity a person is doing or how a person is feeling.
- Blood pressure is at its greatest, or maximum, when the heart contracts and pumps blood into the arteries.
- Blood pressure is at its lowest, or minimum, when the heart rests between contractions and fills with blood for the next contraction.

## Review

- Blood pressure is the force of the blood pushing against the walls of the arteries each time the heart beats.
- Blood pressure changes depending on what a person is doing and how he or she is feeling.

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# What is High Blood Pressure?

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## What is High Blood Pressure?

- High blood pressure is a disease.
- High blood pressure is also called Hypertension.
- When a person has high blood pressure, it means that the blood pressure in his or her arteries is higher than it should be.



High Blood Pressure

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# What is High Blood Pressure?

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## How Common is High Blood Pressure?

- High blood pressure is a common disease.
- High blood pressure affects one in every five people, or approximately 61 million people in the United States.
- High blood pressure affects people from all races and professions.



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# What is High Blood Pressure?

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## Symptoms of High Blood Pressure

- If a person has high blood pressure, he or she might have the following symptoms:

Symptom 1: dizziness

Symptom 2: frequent headaches

Symptom 3: chest pain

Symptom 4: constant fatigue and shortness of breath

Symptom 5: blurry vision

Symptom 6: weakness or numbness in the arms or legs

- If a person has any of these symptoms, he or she should see a doctor.





# What is High Blood Pressure?

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## Problems Caused by High Blood Pressure

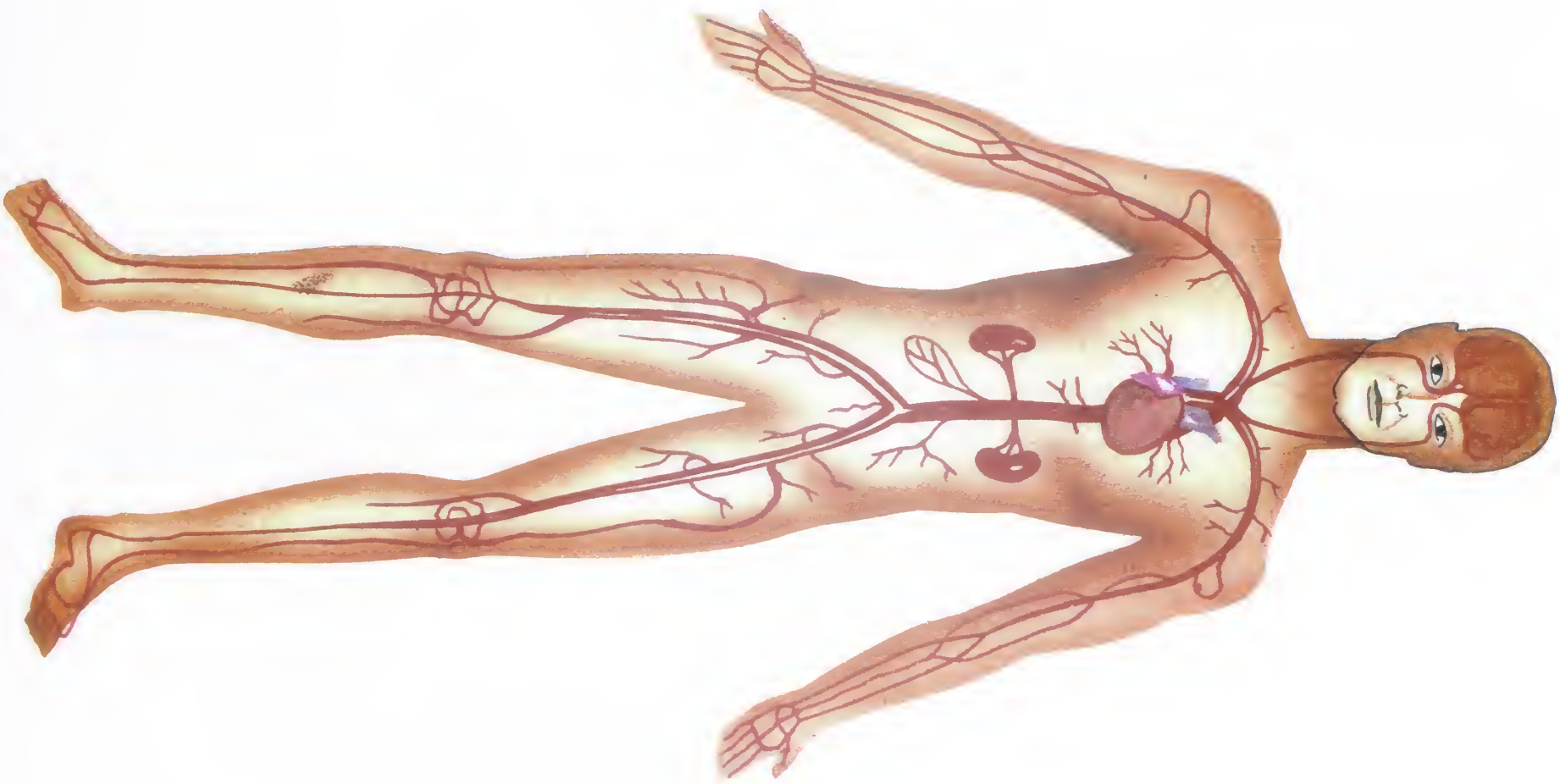
- High blood pressure is also called the “silent killer,” because many times a person has no signs or symptoms of high blood pressure. He or she feels fine.
- Many people don’t find out they have high blood pressure until their high blood pressure causes them to have a:

Problem 1: Stroke

Problem 2: Heart Attack

Problem 3: Kidney Failure

Problem 4: Blood Circulation Problems



# What is High Blood Pressure?

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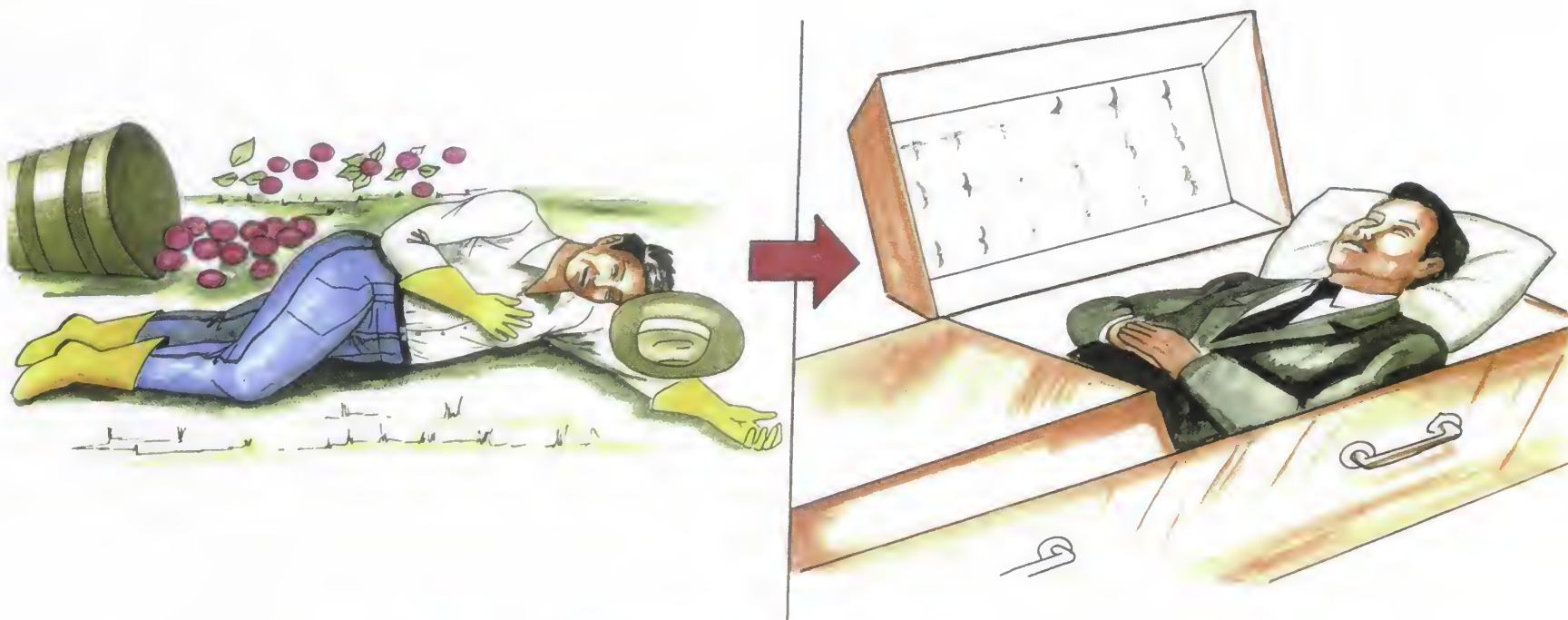
## **Seriousness of High Blood Pressure**

- Problems like strokes and heart attacks are very serious and can be fatal.
- Every year a million people in the United States die from problems caused by high blood pressure.

## **Review**

- High blood pressure is a serious disease which can affect anyone.
- High blood pressure means that a person's blood pressure is higher than normal all the time.
- High blood pressure is very serious, and many people die each year because of it.





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# What are the Causes of High Blood Pressure?

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## **Fat and Cholesterol**

- Eating too many foods high in fat and cholesterol can cause high blood pressure.
- Fat and cholesterol clog the arteries and make them narrower, which increases blood pressure.
- Foods high in fat and cholesterol include: manteca (lard), butter, cheese, beer, chips, fried foods, egg yolks, fast foods, bologna, hot dogs, red meat, organ meats, chicken skin, and so on.

## **Salt**

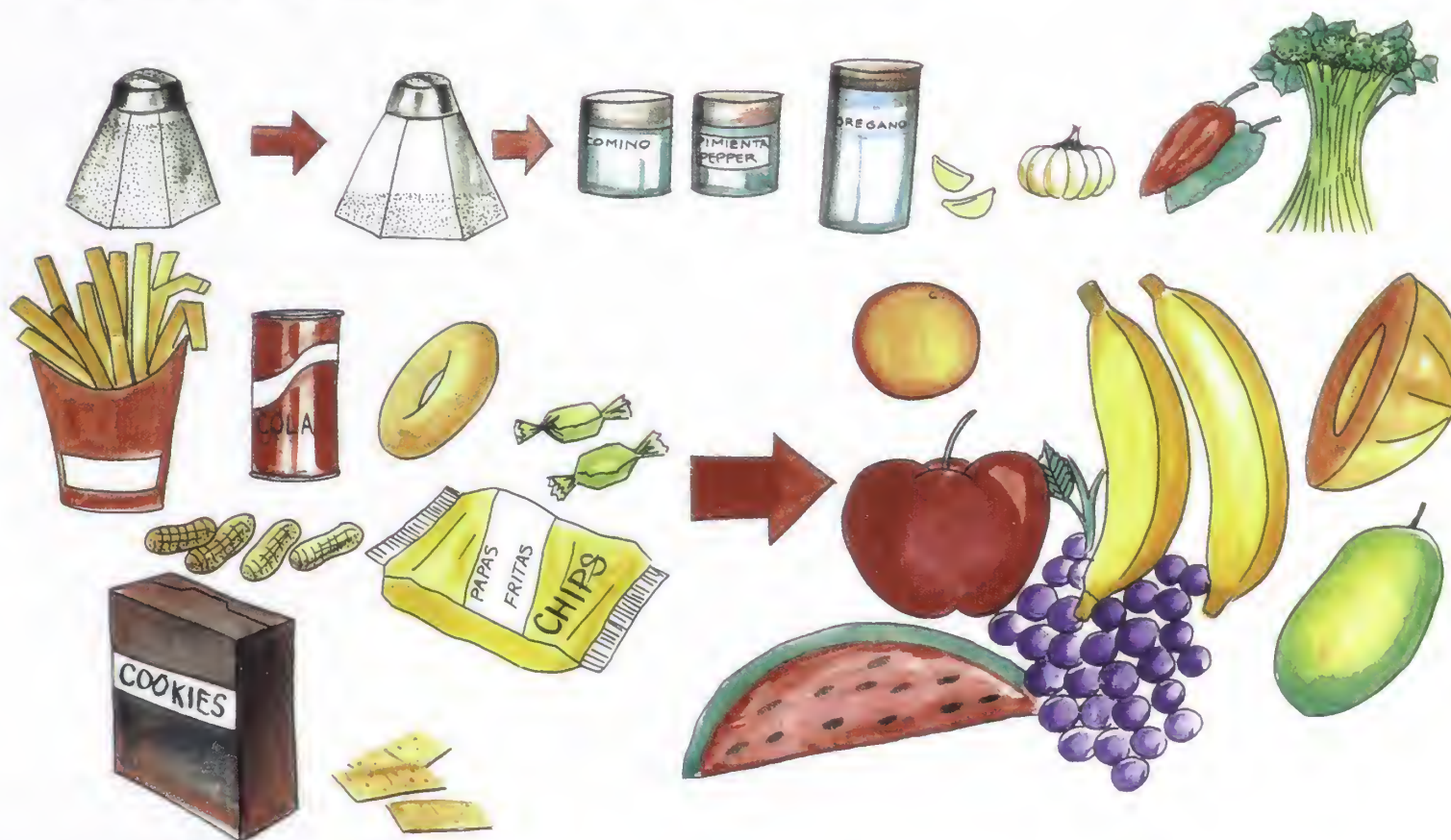
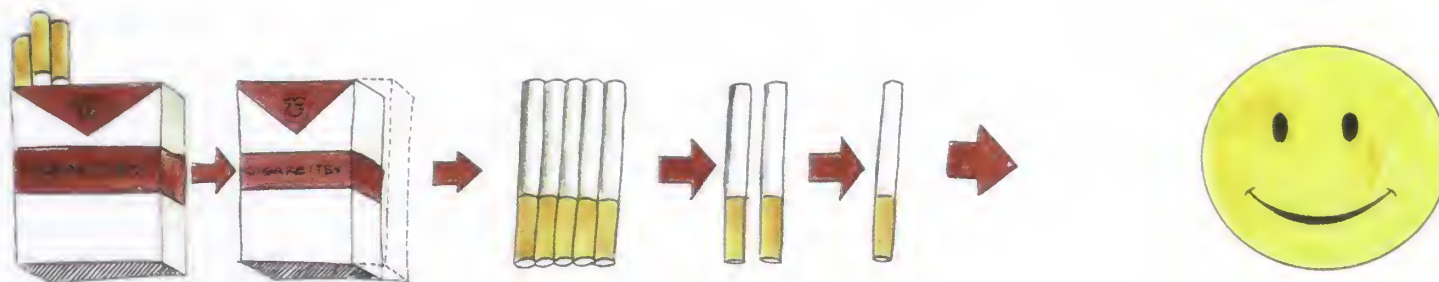
- Eating too much salt or foods high in salt can cause high blood pressure.
- Salt absorbs fluid. When there is too much salt in the body, there is more fluid in the circulatory system than normal, which increases the blood pressure.
- Foods high in salt include: canned goods, bouillon cubes (maggi), bacon, cheese, pork rinds, hot dogs, chorizo, soy sauce, potato chips, etc.

## **Smoking**

- Smoking regularly can cause high blood pressure.
- Chemicals contained in cigarettes constrict the arteries, which increases blood pressure.

## **Drinking Alcohol**

- Drinking too much alcohol regularly can cause high blood pressure.
- Alcohol contained in beer, wine, and hard liquor constricts the arteries, which increases the blood pressure.





# How to Prevent or Treat High Blood Pressure.

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## Drink Less Alcohol

- Drink less alcohol.
- Normally don't drink more than one glass of wine a day, one shot of liquor a day, or two beers a day.
- Cut down a little at a time.
- Example: The first week, instead of drinking a six pack of beers a day, drink four beers a day.
- Example: The second week, instead of drinking four beers a day, drink just two beers a day.

## Eat More Vegetables

- Eat more vegetables.
- Eat more vegetables like broccoli, spinach, squash, carrots, tomatoes, peppers and pumpkin. These vegetables taste great and are high in nutrition.

## Reduce Stress

- Reduce stress.
- Here are some ways to feel more relaxed.
  1. Communicate with your family and friends more often. Write letters, call, or go visit them.
  2. Exercise everyday.
  3. Play games like dominos or cards, but don't gamble.
  4. Go to church.
  5. Learn some English and ask questions about the United States to feel more comfortable here.

## Review

- High blood pressure can be prevented or treated better if a person does the following everyday:
  1. Smokes less.
  2. Drinks less alcohol.
  3. Eats more fruits and vegetables.
  4. Prepares foods that are lower in salt and fat.
  5. Practices ways to reduce stress.
  6. Eats fewer foods high in fat, cholesterol and salt.





# How to Prevent or Treat High Blood Pressure.

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## **Cut Fat off of Meats**

- Cut fat off of red meat.
- Remove the skin from chicken and cut off any additional fat.

## **Use Vegetable Oil**

- When cooking, use liquid vegetable oils instead of manteca (lard).

## **Use Less Vegetable Oil**

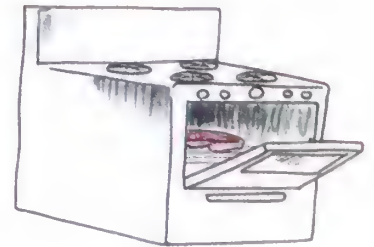
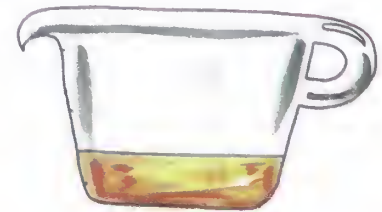
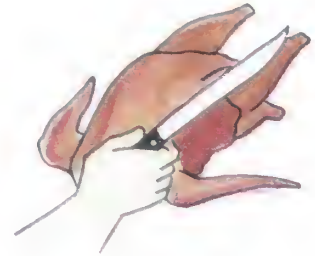
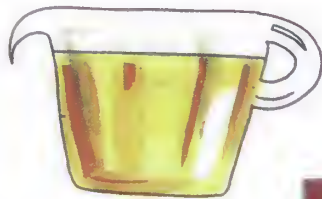
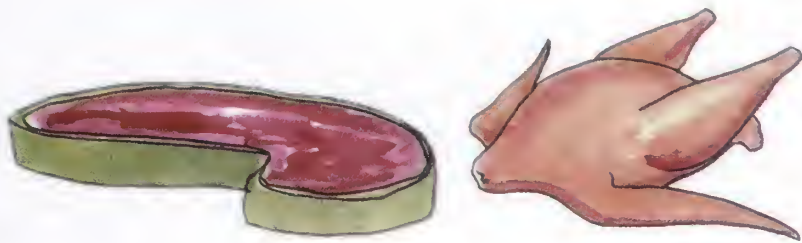
- Lower the amount of cooking oil that is used each day.
- For example, instead of using a cup of oil to cook a meal, use half a cup of oil.

## **Bake or Grill Food**

- Instead of frying food, bake or grill the food.

## **Eat Fewer Eggs**

- Don't eat more than three eggs a week.
- If a person must eat more than three eggs a week, remove the yolks from these eggs. Egg yolks are high in cholesterol.



# How to Prevent or Treat High Blood Pressure.

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## **Smoke Fewer Cigarettes**

- Smoke fewer cigarettes.
- Cut daily habit week to week until no longer smoking cigarettes.
- Cut down a little at a time.
- Example: The first week, instead of smoking a pack a day (20 cigarettes), smoke 10 cigarettes a day.
- Example: The second week, instead of smoking 10 cigarettes a day, smoke 5 cigarettes a day.
- Example: The third week, instead of smoking 5 cigarettes a day, smoke 2-3 cigarettes a day.
- Example: The fourth week, instead of smoking 2-3 cigarettes a day, smoke 1 cigarette a day.

## **Use Less Salt**

- Use less salt.
- Replace salt with spices like comino, pepper, oregano, garlic, chiles and cilantro.

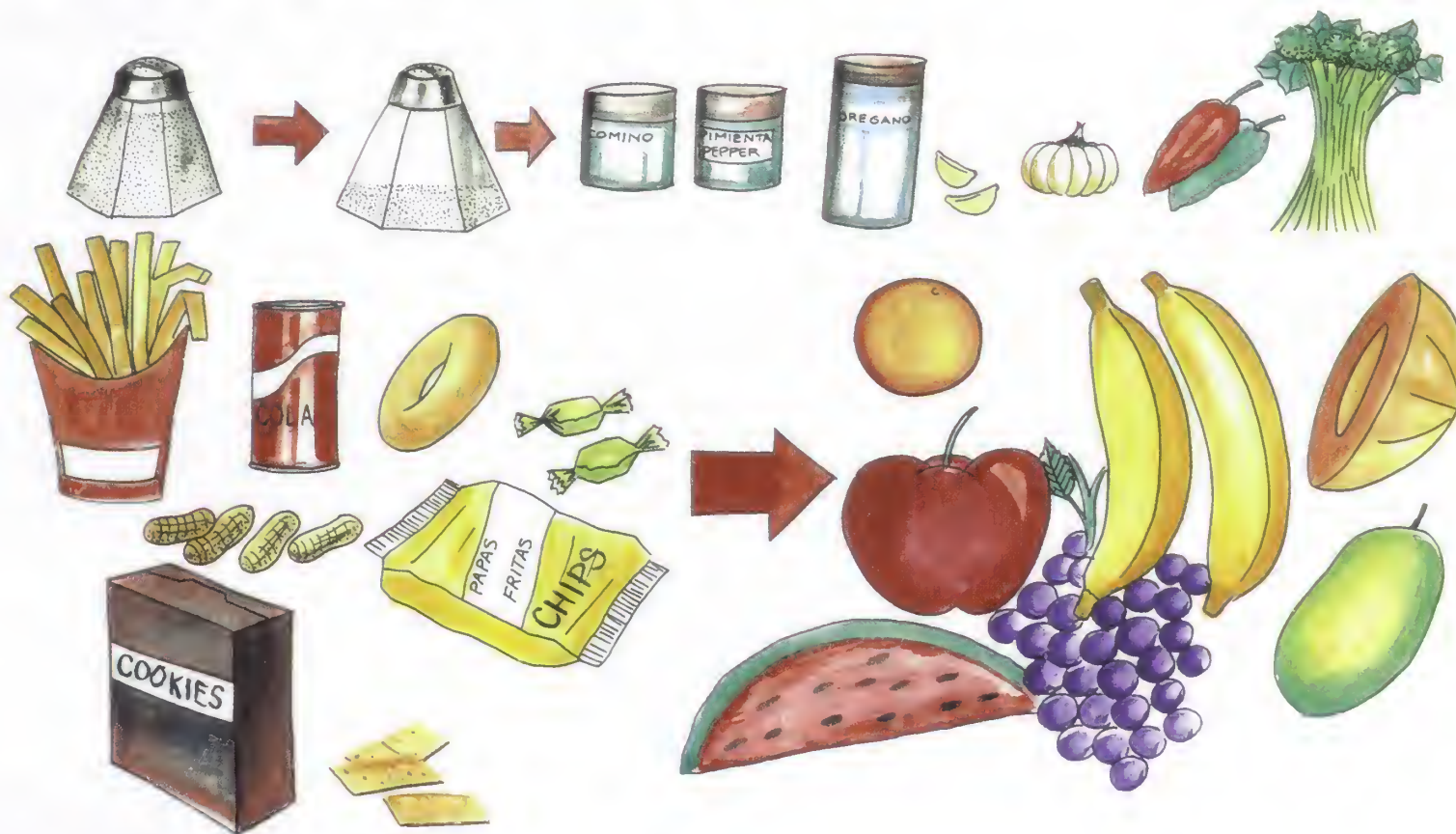
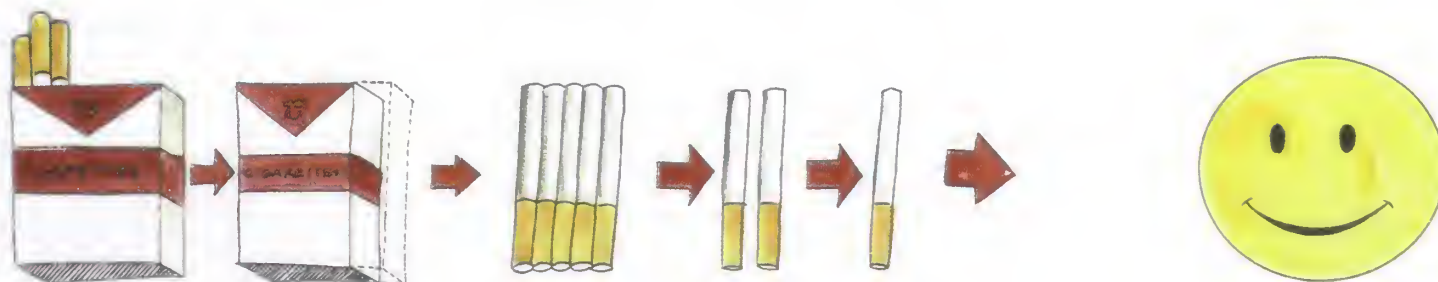
## **Eat Less Fat, Cholesterol, and Salt.**

- Eat fewer foods high in fat, cholesterol, and salt.
- Replace snack foods with fruits like bananas, apples, watermelon, oranges, mangos and grapes. Fruits taste great and are high in nutrition.

## **Exercise**

- Exercise each day.
- Go for a walk, play sports, or work hard for twenty minutes each day so that the heart beats fast.
- Exercise makes the heart work, keeping the heart strong and healthy.





# How to Prevent or Treat High Blood Pressure.

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# How to Check for High Blood Pressure.

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## Checking for High Blood Pressure

- To check for high blood pressure, a person needs to have his or her blood pressure read by a nurse, doctor or outreach worker.

## Blood Pressure Reading

- Blood pressure reading is given as two numbers.
- The top number is the maximum pressure in the arteries when the heart contracts.
- The bottom number is the minimum pressure in the arteries when the heart rests between contractions.
- The numbers for a normal blood pressure reading are...(120/80 at time of printing).
- The numbers for a high blood pressure reading are...(140/90 at time of printing).

## People with High Blood Pressure Readings

- People with high blood pressure readings need to see a doctor and follow the suggestions made in this presentation.

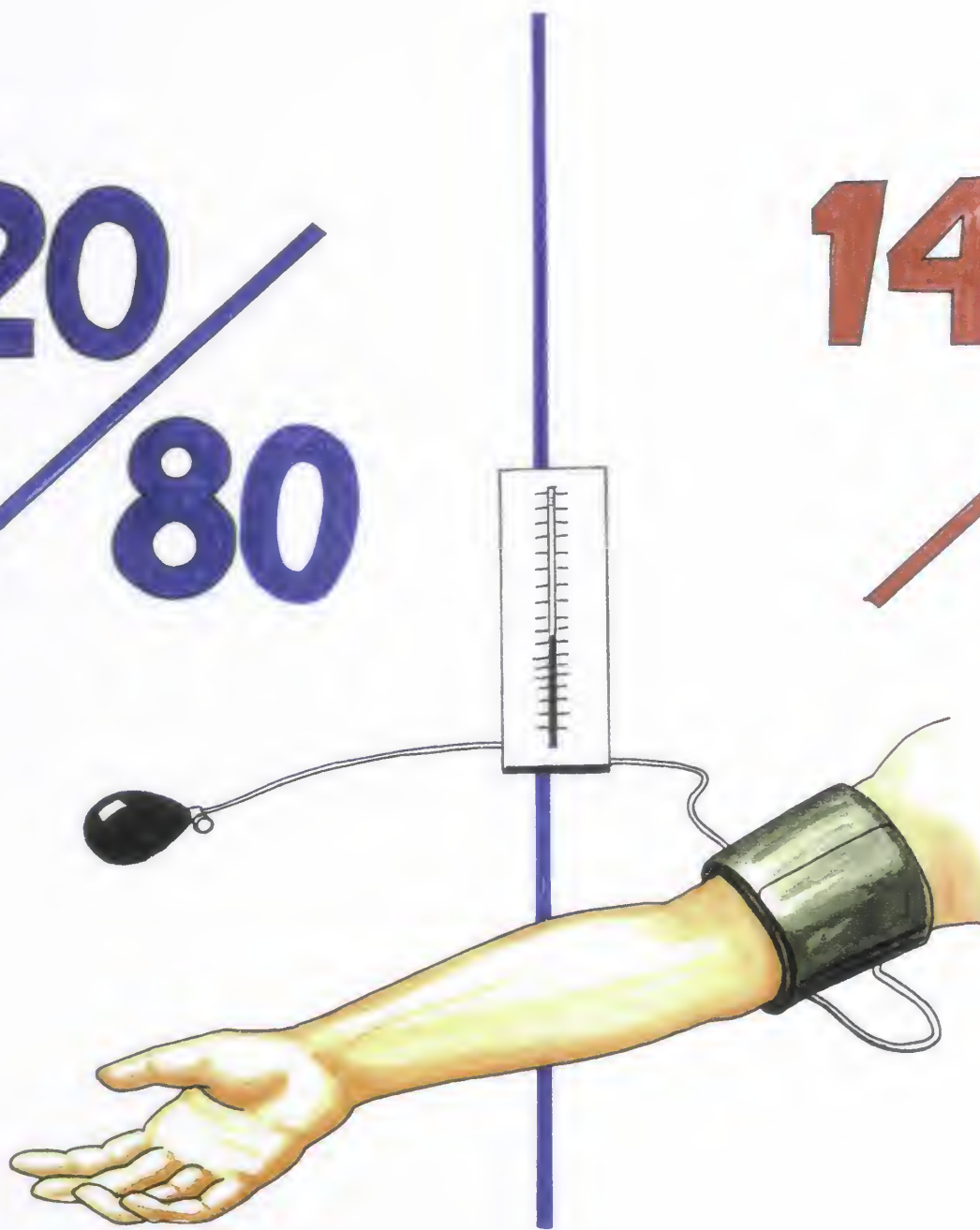
## People with Normal Blood Pressure Readings

- People with normal blood pressure readings still have to take care of themselves by eating and living well.
- Everyone runs the risk of getting high blood pressure.



120 / 80

140 / 90



# **FARMWORKER HEALTH SERVICES, INC.**

## **High Blood Pressure Flip Chart**

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